Lucid Dreaming

Residential

2020 Website Program Description

Lucid Dreaming

Ignite your natural ability to dream consciously and explore the fascinating world of Lucid Dreaming.

Residential Program

$2,195.00

5 Days + 6 Nights

Enter the portal of dream consciousness. International trainers Luigi Sciambarella (link) and Thomas Hasenberger (link) guide you on this experiential journey into what they call "the portal of dream consciousness."

Release fears, phobias, anxieties and self-limiting beliefs. Within the safety of the lucid dreaming state, you are able to recreate past traumas and the constraints of current emotional and physical issues to challenge and reframe fears and limiting beliefs. Conscious dreaming also helps you uncover hidden aspects of yourself and gain a more holistic view of reality.

Gain profound insights through personalized dream interpretation. Like other beginner lucid dreamers, you'll experience consciousness as a continuum, tap into hidden artistic expression and insight, and gain profound inner wisdom. Past participants credit the practice of lucid dreaming with unlocking their full potential.

Master lucid dreaming tools and techniques. Luigi and Thomas used ancient wisdom and cutting-edge brainwave research to develop their lucid dreaming techniques and tools. Their informed approach makes it easier for you to interact with your dreams—and even prompt dream content. Some participants liken the experience to virtual reality. Others report that they did the physically impossible like flying, breathing underwater or soaring deep into space while awake dreaming!

Register early for discounted rates. This popular program is offered only once a year and fills quickly. To hold a spot—and qualify for an early-bird discount—make your reservation early!

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

 Semi-Private Rooms Standard accommodations are double-occupancy rooms.	 **Free Wi-Fi** Free Wi-Fi is available for guests	 **Daily Meals** Our dining menu offers many healthy fresh options with a farm-to-table philosophy.
 Shuttle Service Local area, shuttle transportation is included on the first and last days of each program.	 **Swimming** During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting).	 **Massage** Massages are available during weeklong retreats during afternoon breaks. (additional fee)